

### **ABSTRACT**

Disclosed is anhydrous cosmetic compositions comprising:

- (a) a heat generating agent which generates a heat by mixing with water;
- (b) a phase changing agent; and
- (c) an inert carrier;

wherein the phase changing agent has a melting point of from about 30°C to about 70°C and are dispersed in the inert carrier.

The composition of the present invention warms by mixing with water, and provides enhanced efficacy preventing the compositions from reaching a higher temperature than that being expected, and also provides prolonged warming from the compositions.